

Bavarian News

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Grafenwoehr, Hohenfels and Vilseck

November 15, 2006

WORLD COMPETITION

Culinary arts team trains for World Cup

Army cooks test their skills at Grafenwoehr in preparation for Luxembourg competition

Story and photos by
NICK DAMARIO

USAG Grafenwoehr Public Affairs

The U. S. Army Culinary Arts Team, billed as the “best-of-the-best” of Army cooks, will compete Saturday through Nov. 22 at the prestigious 2006 World Cup in Luxembourg.

Since Oct. 22, 17 CAT members have been training at U.S. Army Garrison Grafenwoehr’s Camp Aachen under the watchful eye of team manager CW4 Robert Sparks, a certified executive pastry chef.

A CAT member since 1988, Sparks firmly believes that “we could win this,” when asked about his team’s chances in Luxembourg.

During their last two world-class international showings, the CAT team placed second, losing most recently in the 2004 World Culinary Olympics to a German team. The purpose of USACAT competitions is to offer

military chef opportunities to sharpen their cooking skills.

The USACAT members are obligated to share knowledge with anyone who wishes to learn. This ultimately benefits the military diners in troop dining facilities in garrison and on the battlefield.

Sparks said the CAT experience “gives our cooks an opportunity to excel and be recognized, and to perfect their craft.”

The CAT has been drilling their three-course menu for weeks and provided 52 soldiers of the

German Army’s Panzerbrigade 12 “Oberpfalz” a complimentary lunch Nov. 8 at their Camp Aachen culinary training site.

The CAT is using a German military field kitchen as part of their cooking orientation and offered the German Soldiers the free culinary treat as a thank-you for loaning them the field kitchen. Also attending the Nov. 8

lunch were a dozen members of the German media covering the CAT’s preparations for Luxembourg, and the Garrison Grafenwoehr leadership—Garrison Commander Col. Brian Boyle, Garrison Command Sgt. Maj. John Burns, and Deputy Garrison Commander Curtis Clark.

The lunch menu featured:
1st Course: Cream of Rabbit Soup with Quenelles and Roasted Rabbit Tenderloin

2nd Course: Pine Nut Crusted Veal Loin, Hazelnut Gnocchi and Haricot Verts, and a Squash Souffle

3rd Course: Cream Caramel with Macerated Fruit, Chocolate Ganache Truffle and a Biscotti

The CAT will compete in both “hot food” (Sunday) and “cold food” (Nov. 22) competition categories.

The CAT spends 10 to 12-hour days practicing and drilling for the Luxembourg competition. CW4 David Longstaff, a certified executive chef, says his team is definitely ready and “looking to be No. 1” at the competition.

Since its establishment in 1976, the USACAT has competed in numerous national and international competitions, winning nearly 500 team and individual medals.



(Top left) USA CAT team leader CW4 Robert Sparks. (Top right) A team member cooks in the field kitchen on loan from the German Army.



A three-course meal prepared by the CAT Nov. 8.



CW4 David Longstaff (middle) watches as Spc. Wayne Darden and Staff Sgt. Elizabeth Justa prepare chocolate truffles.

JOB OPPORTUNITY

Garrison clinics offer free dental assistant certification

Graduates are eligible for military, private practice jobs

by **JODI WARD**
Staff writer

The Grafenwoehr and Vilseck dental clinics are offering free dental assistant training and certification to qualified applicants.

While similar certification programs can cost upwards of \$10,000, the Red Cross is offering the program free of charge, asking only that applicants be “responsible, mature adults who will be dedicated to the training and to the

vocation,” explained senior dental NCO Sgt. 1st Class Sandra Snow.

“I know that this is a volunteer program, but those (who are) chosen need to be committed,” said Snow.

Military and civilian dental professionals will provide training and hands-on experience during the two-week, 48-hour course.

The program will also include 300 hours of chair-side training, all of which must be completed within a six-month period, in the Grafenwoehr and Vilseck dental clinics.

Participants will learn:

- customer service and administration
- CPR and how to chart
- dental theory and terminology
- sterilization and dental instruments
- materials and procedures
- four-handed dental assisting
- X-ray procedures and more

“You will learn the basic operations of a dental clinic, how to be a dental assistant,” said Snow.

Certified dental assistant and program teacher Angie Parreno said each volunteer will receive a dental assistant certificate upon completion of the program.

Parreno, who has 13 years of experience in the dental field, said that although the certification qualifies participants for military and civilian practice, graduating from this class does not guarantee employment in either the Grafenwoehr or Vilseck clinics.

“Most of the ladies in my past classes have gone onto private practices,” she said.

Red Cross station manager Noreen Watts attributed this to private

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ON THE ROAD

Driving law could cost money, points

by **Sgt. AIMEE MILLHAM**
USAREUR Public Affairs

Winter is quickly approaching, and not preparing your car for it could cost you up to 40 euros and a point on your license.

“If you can’t properly drive uphill in the snow, and people have to drive around you, you’re a hindrance, and you will get fined,” said German police officer Sgt. 1st Class Sven Stadtrecher, liaison to the U.S. Army Garrison Heidelberg.

A German traffic law in effect since December 2005 mandates that vehicles must be appropriately outfitted for the weather – which includes appropriate

tires and sufficient antifreeze-treated window washer fluid, Stadtrecher said.

The penalty for not being in compliance with the law is a 20-Euro fine for having trouble maneuvering a vehicle, or a 40-Euro fine and one

traffic point if trouble maneuvering a vehicle impedes others or causes a wreck, said Stadtrecher.

He added that since the law is relatively new, there will likely be increased checks on the road.

John Cable, a Heidelberg traffic accident investigator, said drivers should equip their cars with tires that

//If you can't properly drive uphill, ... you will get fined. //

**Sgt. 1st Class
Sven Stadtrecher**
German police officer

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Early snowfall cause for early fun!



An early snowfall Nov. 2 was all the motivation 7-year-old Ryan Bluhm needed to enjoy wintry fun in his Grafenwoehr backyard. Snow normally falls in the Grafenwoehr area closer to Thanksgiving.

by **Sue Bluhm**

UNIT NEWS

Seminar dispels weak female stereotype

by **Pfc. JESSIA STEVENSON**
2d Stryker Cavalry Regiment

The Regimental Support Squadron, 2^d Stryker Cavalry Regiment Unit Ministry Team, conducted an empowerment seminar for female Soldiers, sergeant and below, at the Vilseck Chapel last month.

“We hoped to empower troopers with information and discussions that would potentially help them professionally, physically, and spiritually,” said Squadron Chaplain (Capt.) Vaioa Leau.

The Regiment Support Squadron is the largest squadron within the 2^d Stryker Cavalry Regiment in Vilseck, Germany, and female Soldiers make up a third of the unit’s population.

The seminar was one of the many programs that the squadron’s ministry team has put

together to support Soldier well being. The ministry team’s goal is to serve the Soldiers and help prepare them in all areas of life.

The first guest speaker was Sgt. 1st Class Reneah Porter, an equal opportunity advisor with the 7th Army Joint Multinational Training Command. Porter said she is focused on empowering female Soldiers to overcome damaging perceptions or stereotypes that suggest they use unreasonable



**Sgt. 1st Class
Reneah Porter**
7th JMTTC
EO Advisor

See **FEMALE** Page 16

Q&A

What's your
favorite
Thanksgiving dish?



Melissa Card
"My mother-in-law makes the best pumpkin pie. She makes her crust from scratch and uses pumpkins from her own garden."



Miranda Staton
"My favorite is the turkey; I make it with sage."



Doreen Neifert
"My mom makes the best sweet potato pie with an ooey, gooey marshmallows topping."



Spc. Reginald Ferguson
"My grandmother makes the best sweet potato pie. Of all that I've tasted, none have come close to hers."



Reinaldo Santiago
"Oh, I eat it all. It's all so good I can't choose just one favorite thing!"



Sabrina Bunce
"There is a cranberry, apple, sausage stuffing I make that everyone just gobbles up. I would say that's my favorite."



Sharmen Schwertfeger
"I would have to say my favorite is sweet potatoes/yams because they are nice, sweet, and mushy."



Sgt. John Vigil
"My favorite is my grandma's posole. It's corn cooked with pork and red chillies."

FOR MILITARY SPOUSES

Cold comfort of Google alert just not enough for IA families



**JACEY
ECKHART**
On the Homefront

My girlfriend's Family Readiness Group may be the smallest one in the country.

It consists of herself and a Google alert set for the name of some tiny town in Afghanistan where her husband is stationed.

It ain't conversation. It ain't even a cup of coffee.

But blind information is one of the few perks you can expect when your spouse is one of the 11,000 sailors serving on the ground as an individual augmentee (IA) in the Middle East.

What about the families?

While the Navy is making progress with the effectiveness of the IA program on sailors' careers, they aren't getting the job done for Navy families.

The tools we families usually use to handle deployment aren't readily available to families of an individual augmentee.

"It's not like I can get together with anyone," Terry told me last week. "The guys in his command were taken from all over the country."

"And the IA families around here are stationed in other places. It's a lot different being boots on the ground in Afghanistan than it is to be stationed in Guam," she said.

Combine that isolation of experience with legitimate worry for her sailor's safety, and it's no wonder Terry is bent over her computer late at night.

"At least we got the change in orders before we sold the house," she said. "Can you imagine this if we moved?"

Is this is a "beneficial" move?

I can't imagine anything worse. Yet the Navy is offering a move as one of the only "benefits" available to IA families.

In a recent instruction, the Navy announced it will pay to move the family to another location while the sponsor is on an IA assignment of 365 days or more.

The Pentatudes

I only want to know one thing: What century are those Pentatudes living in when they think up this stuff?

Running home to mommy and daddy during deployment is no solution. Military spouses are not 11-years old as a rule.

Mommy and daddy aren't sitting around on the farm these days just dying to take in their married child and her entire family. Nor are they usually equipped to deal with all the worry their adult child has over their service member.

Doesn't the Navy realize that more than half of all military spouses work? These spouses report that work is one of their best supports during a deployment.

A thousand unseen connections

Among those who don't work, many are stay-home moms with kids in school and sports. These families have a thousand unseen connections to the place where they have settled. That kind of support isn't easily or quickly replicated somewhere else.

Then what does the spouse do after the IA tour is over?

Do they go through yet another move and all that upheaval and expense? If a young spouse goes home to live with her parents so that she can save money and go to college, how much schooling will she actually complete before her servicemember gets home? How willing will she be to come back for another short tour before another deployment?

There are better ways for the Navy to use that kind of funding.

First, they need to recognize that our most important need during wartime is stability. Make servicemembers invulnerable to IA orders within six months or even a year of a PCS move the same way that they are invulnerable six months after a deployment.

That at least leaves families stable in their homes during the IA assignment with the beginnings of their connections in place.

Take it from the "Corps"

Second, take that funding used for moving families and use it to set up employees like the Marine Corps quality of life coordinators.

The people in this superb program work with family members stationed in recruiting regions

that are spread out over one stop light towns all over the country.

They are trained to specifically deal with the challenges family members face when they are essentially ALONE. Because that's what these IA families are. They are alone.

They are emotionally isolated from their old command. They are geographically isolated from the other IA families.

Yes, there are people assigned to taking care of the paperwork of being an IA military family. But, guys, that just isn't enough.

We need to invent a way to draw those families back into the fold, not send them out alone with the cold comfort of a Google alert and the promise of yet another move.

New program demands new solution

We all have to acknowledge that the demands of the IA program are different than anything that we have asked before. We have to provide new solutions for a new way of life for as long as it lasts.

Otherwise, this IA program is going to get more complicated for our sailors than we ever thought possible.

Nonsmoker hopes report leads to more smoking bans around nation, world



**Just
MY
opinion!**
BY
**KATHERINE
BELCHER**

Hallelujah!

A clear and concise message was sent earlier this year to all those smokers who think no one should infringe upon their right to light up whenever and wherever they please.

It came in the form of a Surgeon General's report issued by Dr. Richard Carmona that outlined the "indisputable" dangers of secondhand smoke.

"I am here to say the debate is over: the science is clear," Carmona, the acting surgeon general, said at a news conference June.

Thank you Dr. Carmona.

I, along with thousands of other supporters of nonsmokers' rights, applaud Carmona's candor and hope his report serves as the catalyst that leads to legislation making all public buildings smoke-free.

Scientific evidence has proven time and time again that secondhand smoke is an

"alarming" public health hazard—one that is responsible for thousands of premature deaths among nonsmokers each year.

Although the information in the surgeon general's report is not new, it is the first update of the original study of secondhand smoke by the surgeon general that was issued in 1986.

Hundreds of studies over the past 20 years have reported that the harm caused by secondhand smoke is great. But none of those reports carried the same weight as one from the surgeon general.

For years I have told anybody who cared to listen that all public buildings should be smoke-free. I have debated the issue of smoking bans with family members and friends who smoke and complain they are being discriminated against.

It is, to say the least, an absurd concept. I've read the Bill of Rights, and nowhere in that document does it guarantee anyone the right to suck on a cancer stick.

I've heard some awfully lame arguments in support of such a dangerous habit that has

proven to be deadly to smokers and nonsmokers alike.

And, lest we forget, there are mountains of taxpayer dollars spent in this country each year to treat smoking-related illnesses (many of which are preventable).

The bottom line is this: When someone lights up a cigarette indoors, it creates a public safety issue—one that can no longer be ignored or

// The bottom line is this: When someone lights up a cigarette indoors, it creates a public safety issue - one that can no longer be ignored or dismissed. //

dismissed.

Nonsmokers have every right to patronize a business (whether government or private) without being subjected to the toxic smoke that is expelled from a smoker or a cigarette.

When considering this issue, think about the following statements contained in the Surgeon General's report.

* There is no safe level of secondhand smoke, and even brief exposure can cause harm—especially for people suffering from heart or respiratory disease.

* For nonsmoking adults, exposure raises the risk of heart disease by 25-30 percent and of cancer by 20-30 percent. It accounted for

See **NONSMOKERS** Page 3

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Meningitis vaccine available at clinics

DoDDS, CDC in agreement: children should receive MCV4 immunization

Europe Regional Medical Command

DODDS-Europe students who have not gotten the meningococcal MCV4 (Menactra) vaccine can start rolling up their sleeves. Army hospitals and clinics under the Europe Regional Medical Command have sufficient supplies on hand to vaccinate children ages 11-18 that still need the shot.

Schools will expect students to receive the vaccine within a reasonable amount of time, normally about two weeks.

Parents should contact their local health clinics about dates and times to have children vaccinated.

The DODDS-Europe requirement is in concert with the Centers for Disease Control and Prevention's recent recommendation to vaccinate young adolescents with MCV4 at the pre-adolescent visit (11-12 years old).

An advisory committee to the CDC recommends the MCV4 vaccination for youngsters 11-12 years old "as an effective strategy to reduce meningococcal disease incidence in adolescents and young adults."

The CDC would like to see all adolescents vaccinated within three years.

The MCV4 vaccine helps protect children against bacteria that cause different types of meningococcal diseases commonly called meningitis.

Bacteria live in the nose and throat areas and individuals spread bacteria by sneezing or touching surfaces sprayed with nose secretions.

The National Meningitis Association says meningitis is also spread through coughing, kissing, and sharing cigarettes, utensils, cups, lipstick, or balm – anything an infected person touches with his or her mouth.

Washing hands frequently and disinfecting surfaces and soiled articles are the best methods of preventing transmission of the disease.

ERMC preventive medicine officials advise parents to be alert during the coming flu season, since flu and meningitis symptoms are similar.

The CDC's Web site lists the following symptoms to distinguish between flu and meningitis: high fever, headache, and stiff neck are common symptoms of meningitis in anyone over the age of two years.

These symptoms can develop over several hours, or they may take one to two days.

Other symptoms may include nausea, vomiting, discomfort looking into bright lights, confusion, and sleepiness.

In newborns and in small infants, the classic symptoms of fever, headache, and neck stiffness may be absent or may be difficult to detect, and the infant may only appear slow or inactive, or to be irritable, have vomiting, or be feeding poorly.

As the disease progresses, patients of any age may have seizures.

Joint bazaar generates \$22,000 for communities

Majority of profits to go toward scholarships for local students

Story and photos by JODI WARD

Staff writer

Autumn's cool gray skies did not stop community members from attending the 2006 Grafenwoehr/Vilseck Crown Jewel Oct. 27-29.

In fact, thousands of shoppers flocked to Grafenwoehr's Camp Aachen for one-stop holiday shopping from all over Germany and throughout Europe.

Eighty three vendors from six countries, including Germany, Italy, Belgium, France, the Netherlands, and Poland transformed the camp into pre-holiday season wonderland, offering everything from international food and wines (chocolates, cheeses, and the cold weather favorite Gluhwein) to rare antique furniture, art, jewelry, and pottery.

"I found something I have been hunting down for years, since well before I moved to Germany," said bazaar patron Sharon Joyner. "It's an antique cart, and I found it here!"

"That's why we're here," replied vendor Siegfried Seliger of the Muggendorf Nutcracker Christmas Shop.

Like Joyner, many shoppers found exactly what they wanted at the Crown Jewel Bazaar. But even as customers treated themselves, their purchases were a helping hand to others.

"I have my eye on a Nativity set," said Ann Hemker. "They are each handmade by members of (the Elim) Mission in Poland. I have to get one."

Bazaar committee chairperson Juliet Davidson explained that the "proceeds of each Nativity sale go directly to the mission to feed hungry families in Poland."

"I think we all got one," she said. John Harvey made the hours-long trek from Prague, Czech Republic, to see what this year's bazaar offered.

Harvey said he and his family try to attend the bazaar every year, and this year's was the best they had seen.

Harvey's sentiment was shared by many shoppers who have attended



Sharon Joyner views handcrafted nutcrackers and smokers offered by Siegfried Seliger of Muggendorf Nutcracker Christmas Shop.

previous bazaars, much smaller and held at separate locations by the Grafenwoehr and Vilseck spouses club until this year's joint event.

The combined effort proved to be successful for both communities.

"This was a record-breaking weekend for us," said Davidson,

referring to attendance and gross sales. The Grafenwoehr and Vilseck Community and Spouses Clubs receive a portion of the proceeds and fees vendors pay to participate.

This year's total for both clubs was about \$22,000, which is rerouted back to the community, said Davidson.



Shoppers sample Old Dutch imported cheese at the bazaar.

Both clubs expect to award college scholarships to local high school students -with most of this year's proceeds.

The Hohenfels Winter Bazaar is Friday 11 a.m.-7 p.m.; Saturday 10 a.m.-6 p.m.; and Sunday 11 a.m.-4 p.m. at the Hohenfels Post Gym.

Commissary Agency accepting scholarship applications

by BONNIE POWELL

Defense Commissary Agency

Gas prices are biting into the family budget, interest rates are rising and college tuition is outpacing inflation. But, relief is in sight for military families as the 2007 Scholarships for Military Children program opens.

Applications for the \$1,500 scholarships are available at 264 commissaries worldwide, or can be downloaded at www.commissaries.com, www.militaryscholar.org, or www.dodea.edu.

"Scholarships for Military Children is a wonderful military community program," said Patrick Nixon, Defense Commissary Agency director and chief executive officer. "Nearly 3,000 scholarships totaling over \$4 million have been awarded since the first awards were given in 2001."

The \$1,500 scholarships are available for children of military active-duty, retired, and Guard and Reserve servicemembers.

Most of the funds are donated by manufacturers, brokers and suppliers selling groceries in commissaries, and every dollar donated to the program by industry or the general public goes to fund the scholarships.

The program is administered by the Fisher House Foundation.

A significant number of scholarships, about 10 percent every year, go to high school students at DoD schools overseas.

"Every cent that community organizations can mobilize to support college-bound students is an investment in the future," said Joseph Tafoya, director of the Department of Defense Education Activity.

"With college costs soaring, our DoD students and their parents appreciate every available scholarship to help defray the cost, and the scholarships enable many of our families to better afford the tuition and provide an incentive for students to work hard," said Tafoya.

"They also demonstrate that military

communities are committed to education and increased opportunities for all students," he said.

The scholarship program has also made inroads to increasing support from the "nonmilitary" community.

California high school students sponsoring golf tournaments in 2006 raised thousands of dollars to donate to the program, and already for 2007, a private foundation has made a substantial donation.

"We're excited to see this worthwhile program gaining recognition and funding from the community at large," said Jim Weiskopf, vice president of communications at Fisher House Foundation.

"Commissary industry support has been amazing and increased public support can only help ensure that the Scholarships for Military Children program continues to benefit the military community for many years to come," said Weiskopf.

Donations can be made through the link at militaryscholar.org, the official program Web site.

Applications for 2007, which include an essay on "how and why" the applicant would change an historical event, must be turned in at a commissary by close of business on Feb. 21, 2007. At least one \$1,500 scholarship will be awarded at every commissary location with qualified applicants.

The program is open to unmarried children under the age of 21 (23 if enrolled in school) of military active-duty, Reserve, Guard and retired personnel. Eligibility will be determined using the Defense Enrollment Eligibility Reporting System database. Applicants should ensure that they, as well as their sponsor, are enrolled in the DEERS database and have a current ID card.

The applicant must be planning to attend, or already attending, an accredited college or university fulltime in the 2007 fall term, or enrolled in a program of studies designed to transfer directly into a four-year program.

WELCOME HOME !!!



by Sue Bluhm

More than 100 Soldiers with the 539th Ordnance Company and the 255th Medical Detachment arrived at the Grafenwoehr Field House in the early morning hours of Nov. 1. The Soldiers returned from a one-year deployment to Iraq.

Nonsmokers continue to be unfairly subjected to secondhand smoke

Continued From Page 2

46,000 premature deaths from heart disease and 3,000 premature deaths from cancer last year.

* The impact on the health and development of children is more severe than previously thought. Secondhand smoke is a cause of sudden infant death syndrome, accounting for 430 deaths last year. The risk is elevated for children whose mothers were exposed during pregnancy and for children who were exposed in their homes after birth.

* Efforts to minimize the effect of secondhand smoke by separating smokers and nonsmokers are ineffective, as are ventilation systems in a shared space.

I applauded the government when it prohibited smoking in all federal buildings several years ago. It's too bad that many state and local governments didn't follow suit.

I was ecstatic when certain restaurants took the initiative to make their establishments smoke-free, and city governments implemented total smoking bans in public places.

It was a step in the right direction. As a reporter, I've spent many nights listening to city commissioners and council members talking through a tobacco haze, while I and other nonsmokers (taxpaying citizens I might add) in attendance struggled to breathe as our eyes watered from smoke that seemed to hang in the air for hours.

I've also spent too many election nights in courthouses waiting on polling results in hallways and conference rooms that looked like a scene from a Cheech and Chong movie. I'm proud to say some of those government agencies, when asked (or after a column appeared in the local newspaper), did implement no smoking policies at the request of those who didn't smoke.

However, not all did. And there are still quite a few public places where people, not just nonsmokers, are unfairly subjected to the dangers of secondhand smoke. This report hopefully will serve as a wake up call to the public health hazard that is created by smoking.

Hallelujah again! It can't come a moment too soon.

Laundry, anyone?

The Eastern Region will locate at Fort Eustis, Va., in 2010.



An area toddler enjoyed trick-or-treating in the U.S. Army Garrison Grafenwoehr library parking lot Oct. 31. The tiny tot in the “most original” costume was one of hundreds of children who participated in door-to-door and Trunk or Treat candy collection on Halloween night.

Series (8) POL Coupons are available at AAFES facilities now. Customers may request refunds for unused Series 7 POL coupons, as long as they are still attached to the original booklet, at any AAFES facility, until Sept. 30, 2007.

Service Credit Union extends an invitation to the Grafenwoehr military community to stop by and return for the ribbon cutting and grand opening celebration Dec.5. There will be free drawings, activities and refreshments.



Make a
World
of Difference

CFC-O News

How much would you give to Make a World of Difference?

\$2	per month buys a winter sleeping bag for a homeless child	\$10	per month feeds a child for 30 days
\$2	per month removes 100 pounds of trash from a beach	\$12	per month protects six acres of rainforest
\$3	per month supplies a luncheon for families of deployed service members to thank them for their sacrifice	\$20	per month provides vaccines against measles, yellow fever, diphtheria, tuberculosis and polio for 60 children in a developing country
\$6	per month promotes environmental conservation in an isolated village in a developing country	\$20	per month can deliver a "waiting child" out of an institution and into the arms of a loving family
\$8	per month supplies a doctor with one surgical kit to assist earthquake victims	\$21	per month stocks a medical chest at a rural health clinic
\$8	per month provides some clothing and supplies to a fire victim	\$25	per month sponsors a career exploration program for a young adult
\$8	per month buys one infant scale to monitor child suffering from malnutrition	\$31	per month buys medicines to treat 1,000 adults and children for three months
\$9	per month helps rebuild a war-torn country	\$43	per month connects a child at risk with a caring mentor for one year
\$9	per month can help a child with cerebral palsy through four therapy sessions	\$50	per month buys one veterinary kit to help keep a town's livestock healthy in a developing country



Combined Federal Campaign-Overseas www.cfcoverseas.org

State Department to introduce passport card

Department of Homeland Security

To meet the documentary requirements of the Western Hemisphere Travel Initiative, the Department of State, in consultation with the Department of Homeland Security, announced Oct. 17 and submitted for public comment a federal rule proposing the development of a card-format

passport for international travel by U.S. citizens through land and sea ports of entry between the United States, Canada, Mexico, the Caribbean, and Bermuda. The limited-use passport card will be adjudicated to the same standards as a traditional passport book. The rule published Oct. 17 proposes a wallet-sized card that would cost \$10 for children and \$20

for adults, plus a \$25 execution fee. To facilitate the frequent travel of those living in U.S. border communities and those traveling on commercial maritime vessels, the Department of State has committed to producing a passport card that incorporates cutting-edge technology. The technology incorporated in the proposed card was designed in coordination with DHS specifically to

address the operational needs of land border-crossings. The proposed passport card would use long-range, or vicinity, radio frequency identification (RFID) technology to link the card to a secure U.S. government database containing biographical data and a photograph. The card itself will not contain any personal information, and DHS will implement protections to keep the

database secure. The passport card is the core element of the PASS (People Access Security Service) System announced by Secretaries Rice and Chertoff in January 2006, and will secure and expedite travel to and from the United States. The proposed rule is available for public viewing and comment at www.regulations.gov. For more information, visit www.dhs.gov or travel.state.gov.

Pentagon Channel sheds light on post traumatic stress

by DAVID MAYS
Special to American Forces Press Service

The Pentagon Channel is taking an in-depth look at post-traumatic stress disorder in a new edition of its monthly documentary “Recon.” The half-hour show, called “The Wounds Within,” explores how the understanding of PTSD has evolved from the Civil War to World Wars I and II to Vietnam and now to operations Enduring Freedom and Iraqi Freedom. It also demonstrates how the Department of Defense is

aggressively treating service members returning from battle today, Pentagon Channel officials said. “It’s not a small problem,” said Air Force Master Sgt. Daniela Marchus, who hosts the show. “Seeking help is such an important thing.” Former Marine David Powell is featured in “The Wounds Within.” He was shot outside Danang, Vietnam, in 1968. “I saw the track of the bullet pass through the flak jacket of the fellow in front of me, and it was as if someone was pulling a thread,” Powell said. “The recall is vivid beyond imagination.”

Powell returned from battle with a Purple Heart but limited treatment options. “There was no decompression,” he said. “You were one thing: a combat veteran trying to save your own life.” Army Pfc. Brian Daniels also is profiled in this program. His right leg was severely injured when a roadside bomb rocked his Humvee in Iraq. “I remember the smell, the sound,” he said. “It seems like it was yesterday.” Unlike his counterparts wounded in Vietnam, Daniels was diagnosed with PTSD and quickly offered counseling.

“In the Civil War it was called ‘nostalgia’; following World War I it was called ‘shell shock’; following World War II it was called ‘combat fatigue’,” Dr. Robert Ursano of the Uniformed Services University of the Health Sciences told “Recon” producers. “There’s always been a name, but never as much focus and trying to understand and intervene.” But even with today’s understanding and treatment, “The Wounds Within” shows why many servicemembers refuse to seek help. “There’s a stigmatization of mental health,” said Army Lt. Gen. Kevin

Kiley, the service’s surgeon general. “It’s a challenge to break through the stigma.” Many other wounded servicemembers share very personal stories of how they survived, how they were able to seek treatment and how they are coping today in this emotionally charged “Recon.” Marchus said she hopes “The Wounds Within” will spark discussion about PTSD and prompt service members who are suffering in silence to ask for help. “Recon” will encore throughout the month on the Pentagon Channel.

DoD to resume anthrax program for troops

Vaccine mandatory for personnel assigned to CENTCOM AO

by Sgt. 1st Class SHARON MCBRIDE
40th Public Affairs Detachment

Based on the continued threat to service members deployed to the United States Central Command and Korea, the Department of Defense has issued a policy to resume the mandatory Anthrax Vaccine Immunization Program. “The licensed vaccine is consistent with the Food and Drug Administration regulatory guidelines and will be mandatory for personnel assigned to or deployed within the CENTCOM area of operations for 15 or more consecutive days once CENTCOM and Headquarters, Department of the Army publish their implementation guidance,” said Maj. Dennis Kilian, the Third Army/ U.S. Army Central Force Health Protection Officer. According to the DoD, several countries have or are developing an offensive biological warfare capability using anthrax. “As always, our best protection is a protective posture,” said Kilian.

A former director of the Central Intelligence Agency, James Woolsey referred to anthrax as “the single most dangerous threat to our national security in the foreseeable future.” Anthrax is a deadly infection caused by a spore-forming bacterium. Anthrax, which has a long shelf life, can be produced in large quantities without sophisticated equipment, and can be loaded into a variety of weapons, according to the DoD statement. “It is a naturally occurring spore,” said Kilian. “The disease it causes has been documented since the ‘Old Testament’ days. Once a person is exposed they have ‘flu-like’ symptoms. “If exposed and they contract the disease, personnel treated within 72 hours are likely to recover,” he said. Protection is a two-step process. The first step is vaccination and the second, after exposure, is being put on antibiotics. Service members who receive both the vaccine and antibiotics after exposure are far more likely to recover than those who only receive antibiotics post exposure,

he said. “Service members who do not receive the vaccine will be more vulnerable to the disease. Any loss of life could threaten others in their unit who depend on them and could jeopardize the success of the mission,” said Kilian. Service members already in theater should anticipate beginning the vaccination series at the beginning of 2007, depending on CENTCOM and HQDA guidance. For those who have started the series and want to voluntary continue, they can, said Kilian. “There’s no need to start over,” Kilian said. “At three shots the vaccine is 95 percent effective.” Is the vaccine safe? According to DoD, 20 safety studies of more than 800,000 vaccine recipients establish the safety of the vaccine. But as with any vaccine, injection-site reactions occur. Mild injection-site reactions, such as redness, swelling and tenderness (less than one inch), occur in up to 30 percent of men and 60 percent of women. About one in 100 develop a

reaction five inches or larger. Such symptoms resolve on their own in a few days. The rate of side effects away from the injection site – fatigue, headache, muscle or joint pain – occur in five to 35 percent of vaccine recipients; again, they typically resolve within 24 to 48 hours. Service members who have a serious reaction to the anthrax vaccine, should report to their healthcare provider, who will determine future anthrax vaccine schedules for those individual. Members of the armed forces, to include civilian employees and contractors, are required to get vaccinations as long as they remain in the higher threat area. For those who are no longer deployed to a higher threat area or no longer assigned special-mission roles, these later vaccine doses will be on a voluntary basis. “There will be plenty of vaccination to accommodate everyone here,” said Kilian. A plan will be published for unit and individual resumption of the anthrax vaccine.

Retirement Ceremony set today at Field House

Staff report
U.S. Army Garrison Grafenwoehr will conduct the Quarterly Retirement Ceremony today at 4 p.m. at the Grafenwoehr Field House. Retirees are:
■ Sgt. Maj. Eric J. Nelson - JMRC
Master Sgt. Clarence J. Walton - JMRC
■ Master Sgt. Jeffrey S. Brewer - NCOA
■ Master Sgt. Robert W. Turner - JMRC
■ Master Sgt. Ralph A. Williams - JMRC
■ Sgt. 1st Class Val C. Robinson - NCOA
■ Sgt. 1st Class Quinton T. Fluker - JMRC
■ Staff Sgt. Matthew S. Brazie - JMRC
■ Mr. Harry Lige - USAG Grafenwoehr

Got ideas, complaints? You can voice opinion with BOSS online survey

IMCOM news release

Want to tell the Army what you think about the Better Opportunities for Single Soldiers program and what programs you want to see in your garrison? Soldiers can voice their opinion through the BOSS online survey by going to www.mwr-europe.com and clicking on the BOSS logo. The BOSS survey is quick and easy and generally takes less than five minutes to complete. Soldiers can weigh in on such topics as what activities they would like to participate in, what their interests are, leisure activity preferences, their impression of the BOSS program at their garrison, and what changes they would like to see. The BOSS survey is being administered as a service to Army garrison MWR programs by the Family and MWR Command in Alexandria, Va. The survey data will be rolled up periodically and results

provided to garrisons. BOSS is a dynamic program dedicated to support the overall quality of single Soldier’ lives (defined as bona fide bachelors, geographical bachelors, and single parents) by providing them an effective voice at the installation where they serve. The BOSS program identifies real quality of life issues and concerns by recommending improvements through the chain of command. BOSS also assists single Soldiers in identifying and planning for recreational and leisure activities, and gives them the opportunity to participate in and contribute to their communities. Better Opportunities for Single Soldiers is a program of Installation Management Command-Europe Region Morale, Welfare and Recreation. For more information on the BOSS program in Europe, go to www.mwr-europe.com.

Got RISK?
<https://cro.army.mil>

Preliminary LOSS REPORTS
for the week of 28 Sept- 4 Oct 06

5 SOLDIERS DIED IN ACCIDENTS
• 5 Soldiers Injured
• 1 M1114 Damaged

► A Soldier died Oct. 3 from injuries he sustained in a motorcycle accident Oct. 1 at 1120 local in Daleville, Ala. The Soldier was operating a 2001 Suzuki TL1000 motorcycle at a high rate of speed when he crashed into a 1998 Buick LeSabre that pulled out in front of him against oncoming traffic to cross the median. The Soldier was licensed, had completed an Army-approved Motorcycle Safety Foundation Course, and was wearing the required PPE.
COST: 1 Soldier Killed

► A Soldier was killed in a rollover accident Sept. 29 at about 2145 local near Camp Ashland, Neb. The Soldier was one of three passengers in a 2005 Chevrolet Trailblazer. The driver tried to pass a vehicle on the shoulder of the road at a high rate of speed and lost control of the vehicle, causing it to leave the road, roll and crash into a pole. The passenger was not wearing her seat belt and was thrown from the vehicle. The other occupants were wearing their seat belts and received minor injuries. The driver is facing charges, and the U.S. Army Combat Readiness Center is investigating the accident.
COST: 1 Soldier Killed 3 Soldiers Injured

► A Soldier was killed and another two injured in a rollover accident Sept. 30 at about 0817 local near Baumholder, Germany. The Soldiers were traveling in a 1989 BMW when the driver lost control of the vehicle causing it to leave the road, hit a wall and roll. The driver and surviving passenger (both Soldiers) were treated and released at a local medical facility. Alcohol was a factor in the accident.
COST: 1 Soldier Killed 2 Soldiers Injured

► A Soldier was killed in an M1114 HMMWV rollover accident Sept. 30 at 0940 in Iraq. The Soldier was the vehicle gunner in a six-vehicle convoy. The HMMWV was traveling on a narrow road at a distance due to dusty conditions. A suspension failure caused the vehicle to spin, slide sideways and roll. Due to the rollover, the vehicle's communication equipment was disabled and the remaining five vehicles proceeded without noticing the accident. Approximately an hour passed before they noticed the vehicle missing and returned to help. The Soldier died as a result of his injuries. The U.S. Army Combat Readiness Center is investigating the accident.
COST: 1 Soldier Killed 1-M1114 Damaged

OWN the EDGE
Leading on the Edge

Know the rules: Avoid customs violations when shipping holiday items to the U.S.



Photo by Staff Sgt. Jerry Baker
SRA Gregory J. Jarvis, a mail clerk with the 6005th Air Postal Squadron dresses for the season in preparation for the holiday mail rush.

U.S. Forces Customs news release

Some people have a tendency to buy the wrong gifts. While this is usually a matter of taste, many items available in Europe that seem like good Christmas presents violate U.S. customs rules.

Some products are banned from the U.S., and others may be carried in baggage but not mailed.

Violations of customs, agriculture or postal regulations can lead to hefty fines and confiscation of the goods.

Meat and meat products are the biggest problem.

"European delicacies like French pâté, German wurst, Spanish chorizo salami, and Italian Parma ham are here for the buying and much sought-after in the States," said William Manning, Department of Agriculture attaché to the U.S. European Command.

"Unfortunately they can also carry the spores of Foot and Mouth Disease, a virulent livestock ailment eradicated in the United States," he added.

These products are therefore banned, as are canned meats and even soup mixes or pasta containing meat.

Fresh fruits and vegetables are also prohibited because they could harbor pests like the Mediterranean fruit fly.

The threat to U.S. agriculture is so great that Customs and Border Protection (CBP) fine people who mail or take banned foods to the States at least \$100 and up to \$250 as a deterrent. Criminal action for deliberate cases of smuggling can end in a \$5,000 fine and a year in jail.

Europe boasts many fine wines and spirits and you can even buy liquor-filled candies that make original Christmas gifts.

Unfortunately the U.S. Postal Service bans all liquor from being mailed, even if it is inside a piece of candy. However, customs allows travelers over 21 years of age to import one liter of duty-free liquor.

If you plan on taking more than one liter of beer or wine stateside as gifts, the federal taxes and duties are currently low enough to make it worthwhile.

However, state laws must also be met which can add to the cost. Taxes on distilled spirits like Scotch whiskey are generally considered high.

Cuban rum and cigars are also available in Europe but prohibited from import stateside by economic sanctions.

Wildlife products also present problems. Buying ivory as a gift is a bad idea, say customs officials.

"Only ivory pieces previously registered with CBP may be imported," said Bill Johnson, deputy director of the European Command's Customs and Border Clearance Agency.

Whale teeth carvings known as netsuke or scrimshaw are also prohibited from import.

When buying furs, shoppers should insist on a certificate of origin stating the animal's scientific name to avoid buying prohibited endangered species products.

The movement of caviar is also restricted and travelers are allowed to have only 250 grams of these endangered sturgeon eggs with them when they cross international boundaries.

Many European countries have a tradition of making nativity scenes that Americans love to buy. However, the

natural products used to make them are often banned from import to the United States because of the agricultural pests that could be nested in them.

Shoppers should realize that they can be fined \$100 or more if they mail scenes that contain moss, bark, pinecones, untreated straw or other materials found to contain insects.

However, agriculture officials say nativity scenes that are produced using stripped wood, plastic, or commercially cleaned and lacquered straw are good to go.

Another purchase to avoid is the oriental water pipe. Known as hookahs, chillums or bongs, these pipes may look cute on a mantelpiece but the CBP sees them as drug paraphernalia so they are not allowed to be imported.

Contact the USAG Grafenwoehr Customs Office in Vilseck, Bldg 700, Room 18 (DSN 476-2105 or CIV 09662-83 2105) for information.

More information can be found at www.customs.gov/xp/cgov/travel/.

Retired medical officer recalls USAREUR 50 years ago, gets a firsthand view of Army Transformation in Europe

Story and photo by Spc. Matthis Chiroux
USAREUR Public Affairs

A former U.S. Army, Europe dental commander recently returned to Heidelberg for the first time since 1957, bringing with him stories from the past while seeing how much the community has changed in 50 years.

Retired Col. LaGrande Nielson Nielson, 99, returned to his former command to dedicate the new Heidelberg Mormon Church Oct. 15.

While here, he also toured the dental wing of the Heidelberg Army Hospital, where he served from 1954 to 1957.

"My goodness, look at how well they've done this place up," said an excited Nielson upon first entering the dental wing on Nachrichten Kaserne.

"Look at all these fancy chairs. I can't believe how good the place looks," he said.

As he ambled up and down the hospital's halls, 50-year-old anecdotes poured from him.

MacArthur's teeth

"You know, I used to work on Gen. Eisenhower's teeth, as well as Gen. MacArthur's," Nielson said, revealing his own

nearly perfect set of teeth.

"Eisenhower had a great smile, but MacArthur's teeth were horrible. He had a front tooth missing for years and he'd never let me fix it because his pipe fit so perfectly inside," he said.

Much has changed about the Army in Heidelberg since Nielson and his family lived here, he said. The post exchange complex was nonexistent, and Patrick Henry Village construction had just begun.

"I hardly recognize the place," he said. "I can't believe how far things have come."

Oldest living Eagle Scout

Besides being a 34-year veteran of the U.S. Army Dental Corps, Nielson is the oldest living Eagle Scout on record and has won more than 200 gold medals from various Senior World Games, prompting his induction into the organization's hall of fame.

"The reason I won so many medals is because I outlived all the competition," quipped Nielson, who does 80 push-ups every morning before walking two miles and bicycling four. "I was in the Army for 34 years and never went to sick call."

His great health, he says, comes from sticking to an exercise routine, eating healthy, not drinking alcohol or smoking, and once a day downing a special blended drink he's concocted consisting of pineapple juice, unpeeled lemons, bananas, carrots, broccoli, purple cabbage, peaches and berries.

"The doc says I don't even need multivitamins anymore," Nielson said. "Everything I need, I get in my drink."

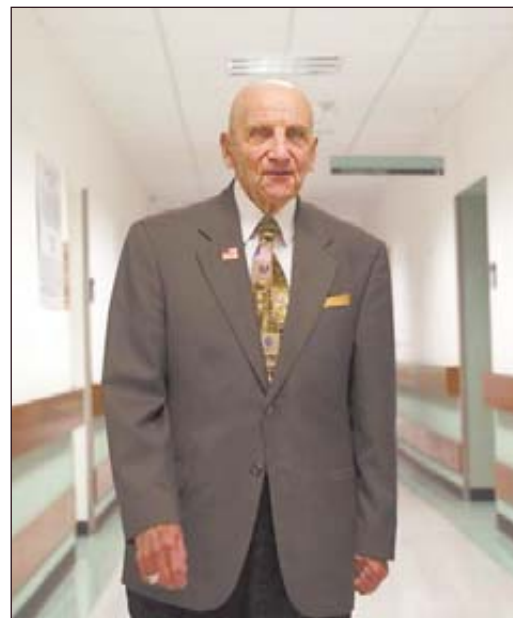
Success in life, Nielson said, can be achieved by learning how to work and being dependable and trustworthy.

"Be a person that people know they can count on," Nielson said.

"Make work your friend, and it'll always be there when you need it," he said.

When asked by a young church member if Nielson's age could be determined by counting the wrinkles on his face, he simply replied, "Each and every wrinkle is your special friend, 'cause each and every wrinkle will be with you till the end."

Despite his 50-year absence from Heidelberg, Nielson's laugh showed he still felt right at home.



Retired Col. LaGrande Nielson visits the Heidelberg Army Hospital for the first time in almost half a century.

Join Operation Homefront, send an eCarePackage!

Nonprofit organization's new care package service protects troop identities and location while allowing patriots to send customized, inexpensive gifts to troops



Visitors can "adopt" a service member by visiting the Web site.

Special to the Bavarian News

Just in time for the holidays, Operation Homefront launched eCarePackage, an online service that allows caring citizens to send care packages to deployed troops and their families.

Service members and families register on www.ecarepackage.org, which protects their identity and location, and visitors can "adopt" them based on common interests.

Then visitors select individual items to create a customized care package for their chosen service member or family and include a personal message.

Operation Homefront's team of volunteers takes the order, boxes the selected items and ships them directly to the service member or family – always protecting their identity and physical location.

"There's nothing like a care package to cheer a deployed soldier or a lonely military family, especially during the holidays," said Amy Palmer, executive vice president of Operations for Operation Homefront.

"With operational security for the troops so tight, we were concerned that care packages weren't getting through," he said. "So we built eCarePackage to ensure our troops and families continue to 'feel the love' from Americans."

Items available in the eCarePackage store range from toiletries and necessities to games, books and candy.

Most items were donated from generous sponsors, particularly The Dollar Tree which runs its Operation Appreciation program in most stores nationwide.

Donated items are not marked up, so eCarePackage visitors often pay only the cost of handling and shipping – making eCarePackage less expensive than doing it yourself.

Moreover, Operation Homefront has partnered with DHL, which provides postal service to overseas troops, to ensure direct and timely delivery of all care packages to deployed troops.

eCarePackage is an extension of Operation Homefront's mission to provide emergency

support and morale to our troops, the families they leave behind during deployments, and wounded warriors when they return home.

Operation Homefront's programs are so effective that it recently signed a Memorandum of Understanding with the Defense Department to ensure greater collaboration.

Operation Homefront is a national nonprofit that provides emergency support and morale to our military troops, the families they leave behind during deployment and wounded warriors when they return home.

With 26 chapters nationwide, we support our nation's troops by allowing military personnel to focus on the demands of their duties abroad.

Operation Homefront also operates CinCHouse.com, the largest online community of military wives and women in uniform. For more information, please visit www.operationhomefront.net and www.cinchouse.com.

Community Spotlight

What’s Happening

Grafenwoehr/Vilseck Briefs

Post offices update hours, holiday mail guidelines

To accommodate holiday mailing needs the post offices (not the CMRs) in Vilseck, Grafenwoehr, and Hohenfels will extend their hours as follows from Saturday to Dec. 22.:

Mon.-Wed. and Fri. 9 a.m.-4 p.m.
Thurs. 10 a.m.-5 p.m.
Saturday 9 a.m.-1 p.m.
(Incoming mail delivery will continue on Saturdays until Jan. 6.)

Appointments for mailing can be made by calling your local APO at DSN 476-2581 for Vilseck, DSN 475-6333 for Grafenwoehr, and DSN 466-2887 for Hohenfels.

All three post offices will be closed Nov. 10 for Veteran’s Day, Nov. 23 for Thanksgiving, and Dec. 24-25 for the Christmas holiday.

On Dec. 23 the post offices will be closed for outgoing mail, but incoming mail will be received and distributed to the community mail rooms.

Space Available Mail is the least expensive service and travels by air to one of five ports of entry: New York, Miami, Chicago, Dallas or San Francisco, then by ground transportation to its destination.

The deadline for space available mail to get to its destination by Christmas is Monday.

Parcel Airlift travels by space available air to the closest commercial airport to the destination that the United States Postal Service uses. The deadline for PAL mail is Dec. 4.

First-Class Mail is used for letters and cards weighing 13 ounces or less. The deadline for first-class mail is Dec. 11.

Priority Mail travels by priority air service to the closest commercial airport to the destination that the United States Postal Service uses. The deadline for Priority Mail service is Dec. 11.

Express Mail Military Service is the fastest and most expensive service offered. The deadline for delivery by Christmas for EMMS is Dec. 18.

Garrison motorcycle group meeting slated tomorrow

The garrison motorcycle group will meet at the Thai restaurant in Grafenwoehr as follows:

Tomorrow and Nov. 30
Dec. 14 and 28

Christian home educators support group meets in Graf

The Christian Home Educators Support Group meets every second Thursday monthly at the Graf library between 6 and 8 pm. Call CIV 09608-923-733 or terry.dawn@asamnet.de.

Holding a fundraiser? Sign up for food handler’s course

A Food Handler’s Course will be conducted at Bldg. 224, Vilseck (Child and Youth Services administration building), from 2 – 3 p.m.

Anyone who needs to or is interested in taking the course is welcome.

The training is for people interested in conducting fundraisers, fests, and like temporary concession activities.

There is no fee and a one-year certification will be provided.

Contact Capt. Matthew Perry at DSN 475-8586 to reserve a spot in this class.

Vilseck Health Clinic to close Friday at noon for holiday

The Vilseck Health Clinic will be closing at noon on Friday for Veterans Day. VHC will resume regular hours on Saturday from 9 a.m.-noon.

The Graf Health Clinic will be open regular hours on Friday.

Holiday office closures set, check with facilities for more

A number of facilities will be closed or have reduced hours on or shortly after Thanksgiving.

Please consult directly with the facility for those hours as many will not be posted in garrison news outlets.

The **Education Centers** will be closed Nov. 23-24 for Thanksgiving.

Grafenwoehr Commissary will be closed Nov. 23, but due to this holiday

closure they will be open Nov. 22.

5K & 10K Turkey Trot Fun Run slated Saturday

There will be a 5K and 10 K Turkey Trot Fun Run Saturday beginning at the Grafenwoehr Physical Fitness Center, Bldg. 170.

The event is open to **everyone on Grafenwoehr - family members, Soldiers, and DA civilians.**

Registration is 7:30 – 8:45 a.m. The pre-race brief will take place at 8:50 a.m., and the race will kickoff at 9 a.m.

■ Awards will be awarded for the top two finishers in each category, including the 5K Family Walk

■ T-shirts for all participants

■ One turkey will be awarded to each top male and female overall - 10K finisher

■ Three turkeys will be awarded via drawing. All runners are eligible.

Racquetball tournament scheduled at Graf Dec. 9

The event will be held at the Grafenwoehr Field House, Bldg. 547, and is open to everyone on Grafenwoehr - family members, Soldiers, and DA civilians.

Grafenwoehr PWOC hosts scrapbooking event tomorrow

Come learn what scrap-booking is all about as we discover how to maintain your own personal heritage.

Join us for a morning of fun as we will be “*Scrappping our Heritage*” from 9 a.m. to 1:30 p.m. at the Girl Scout Hut, Bldg. 122.

Free child care is available. Contact Kristen for more information at CIV 09641-925814.

Vilseck PWOC welcomes ladies, releases fall schedule

The Protestant Women of the Vilseck Chapel would like to welcome all ladies to fellowship and study.

The invitation is open to all denominations and ages. Attendance at the Vilseck Protestant Chapel is not a requirement.

The following fall opportunities are available.

Contact Lana Leau for more details at CIV 09662-700155.

Fall 2006 PWOC Schedule

Dec. 6 - Day Trip to Nurnberg (Christmas Market)

Dec. 12 - German/American Christmas Tea

Every Tuesday - bible studies: Daniel, He Chose the Nails, Help Me, I’m Married! , and What Happens When Women Pray? (9-11:30 a.m. at the Vilseck Chapel)

Every Wednesday - bible studies: Daniel, Secrets of the Vine (4:30 & 5 p.m.)

Contact Lana Leau for more details at CIV 09662-700155.

Catholic Women of the Chapel meets Wednesdays

CWOC invites all women of the parish to join them for meetings every Wednesday morning 11:30 a.m. -1:30 p.m. at the Vilseck Chapel.

Watchcare will be provided at the morning events.

Every Wednesday night we meet for a session of “Courageous Women” 7 - 8:30 p.m. in Bldg. 555, Grafenwoehr.

Contact DSN 476-3696 for more information.

Call the inclement weather hotline for road conditions

■ Grafenwoehr: DSN 475-ROAD (7623) or CIV 09641-83-7623

■ Vilseck: DSN 476-3999 or CIV 09662-83-3999

Girl Scouts offer unique, rewarding experience

Girls kindergarten through twelfth grade can register for the Girl Scout troops in Vilseck and Grafenwoehr.

USA Girl Scouts Overseas-North Atlantic serves girls who want to enjoy the same excitement, fun, and adventures in Girl Scouting as stateside Girl Scouts.

In every part of the globe, Girl Scouts are making new friends, learning about other cultures, building community, and having fun.

With other girls in your troop or group you can do some amazing things in Girl Scouting, such as:

■ Rappelling, zip lining, or traverse wall climbing.

■ Riding horses, swimming, or camping.

■ Leadership classes, international travel and college scholarships for teen girls.

For more information, call Vilseck CIV 09662-700754 or DSN 476-2655 / CIV 09662-83-2655 or Graf DSN 475-6679 / CIV 09641-83-6679.

Winter afghans on sale through November

The American Red Cross is holding its Winter Afghan Sale!

Stop by your local Red Cross Office and pick yours up today.

The afghans have Vilseck, Hohenfels, and Grafenwoehr landmarks. You may also purchase a gift wrapped afghan for only a dollar more.

On sale through November:

1 or 2 afghans \$35

3 or more afghans \$30

Size - 4’ x 6’ (approx) in burgundy, navy blue, or hunter green.

Graf Ski Club meeting set tomorrow at Yesterdays

Come to the next meeting of the Graf Ski Club tomorrow at Yesterdays on Vilseck at 6:30 p.m.

Last-minute information will be available to those who have made reservations on the Thanksgiving Trip to Stubaital.

For additional information, contact the trip captain, Michele Wolff michele.wolff@us.army.mil, DSN 466-2783, or (COM) 09472-83-2783.

Check out our Web site at www.grafskiclub.50megs.com or e-mail grafskiclub@hotmail.com.

Meetings are held the first and third Thursday of the month at Yesterdays in Vilseck at 6:30 p.m. Snacks are provided.

Next meeting dates are:

Tomorrow
Dec. 7, Dec. 21

MWR Works Outing closures

The following facilities will be closed for the Annual MWR Works Outing Nov. 23:

Arts and Crafts Graf and Vilseck

Auto Skills Graf and Vilseck

Library Graf and Vilseck

Outdoor Recreation Graf and Vilseck

General officer announcements

Secretary of Defense Donald H. Rumsfeld announced today that the President has made the following nominations:

■ Army Brig. Gen. Yves J. Fontaine has been nominated for appointment to the grade of major general. Fontaine is currently serving as deputy chief of staff, G-4, U.S. Army Europe and Seventh Army, Germany.

■ Army Brig. Gen. Dennis L. Via has been nominated for appointment to the grade of major general. Via is currently serving as commanding general, 5th Signal Command/deputy chief of staff, G-6, U.S. Army Europe and Seventh Army, Germany.

Hohenfels Briefs

AAFES’ Thanksgiving hours

Mark your calendars! Due to the U.S. holiday, AAFES store hours will change Nov. 23, as follows:

Hohenfels

Main Store: 10 am - 5 pm

Pxtra: Closed

Shoppette: Normal Hours

Car Care Center / Gas: 7 am - 7 pm

BK & Anthony’s: 10:30 am - 5 pm

Robin Hood: Closed

MCSS/Shoppette: Closed

All Training Area Stores closed

HCSC hosts Winter Bazaar Friday through Sunday

The HCSC Winter Bazaar will take place Nov 17-19.

Many vendors from throughout Europe will be selling various goods in time for Christmas.

Also, there are still many opportunities for the community to get involved as volunteers. Contact Alicia Duvall at weduvall@aol.com for a volunteer form and decide what works best for you and/or your organization.

For more information about the bazaar, contact Maria Diaz at maria.diaz5@us.army.mil or CIV 09492 906343.

Hohenfels High School News

“Wanted” - Fluent Spanish Speaking individual with Baccalaureate degree (waiverable) to fill a long-term substitute position at Hohenfels High School.

Must be U.S. citizen. Contact Hohenfels High School for information at CIV 09472-83-3162.

Hohenfels High School Parent/Teacher Conference - Tomorrow and Friday. “Scheduled” appointments will be conducted tomorrow. Appointment times are from 8:15-11:15 a.m. and 12:30-2:45 p.m.

Please call if you wish to schedule a meeting with your student’s teachers. Friday will be open for “walk-in” appointments.

Call the HHS main office at CIV 09472-83-3162 for information.

Afghan blankets on sale through November

During the month of November, the Red Cross will be selling afghan blankets with drawings of Hohenfels, Vilseck, and Grafenwoehr landmarks.

The afghans have been reduced in price from \$45 to \$35 each. Purchase three or more and the price drops to \$30 per blanket.

Choose from three great colors. Call DSN 466-1760 for information.

Library’s weekly preschool story time now in session

The Hohenfels Library is holding

their weekly preschool story time every Thursday at 10 a.m.

We will read books, discuss different subjects, and offer fun crafts for children ages 3 to 5. Come and find out about this great service. For more information, call DSN 466-1740.

Spinning classes with Maria Diaz available at post gym.

Spinning classes are now available Monday at 6:30 a.m. and 4 p.m.; Tuesday at 4 p.m.; Wednesday at 9:30 a.m. and 6:30 p.m.; Thursday at 4 p.m. and 6:30 p.m.; Friday at 9:30 a.m.

Cost is \$3 per class or \$30 per month, \$40 for group rate (18 participants needed for group rate to apply).

For more information, call the post gym at DSN466-2883.

Cub Scouts seeking first through fifth graders

It is not too late to join in the Cub Scouting fun! There is room for first through fifth graders.

For more information, visit www.geocities.com/cubscoutsinhohenfels.

If you cannot find what you are looking for at the Pack 303 site, contact Andrea Neill at cubscoutsinhohenfels@yahoo.com.

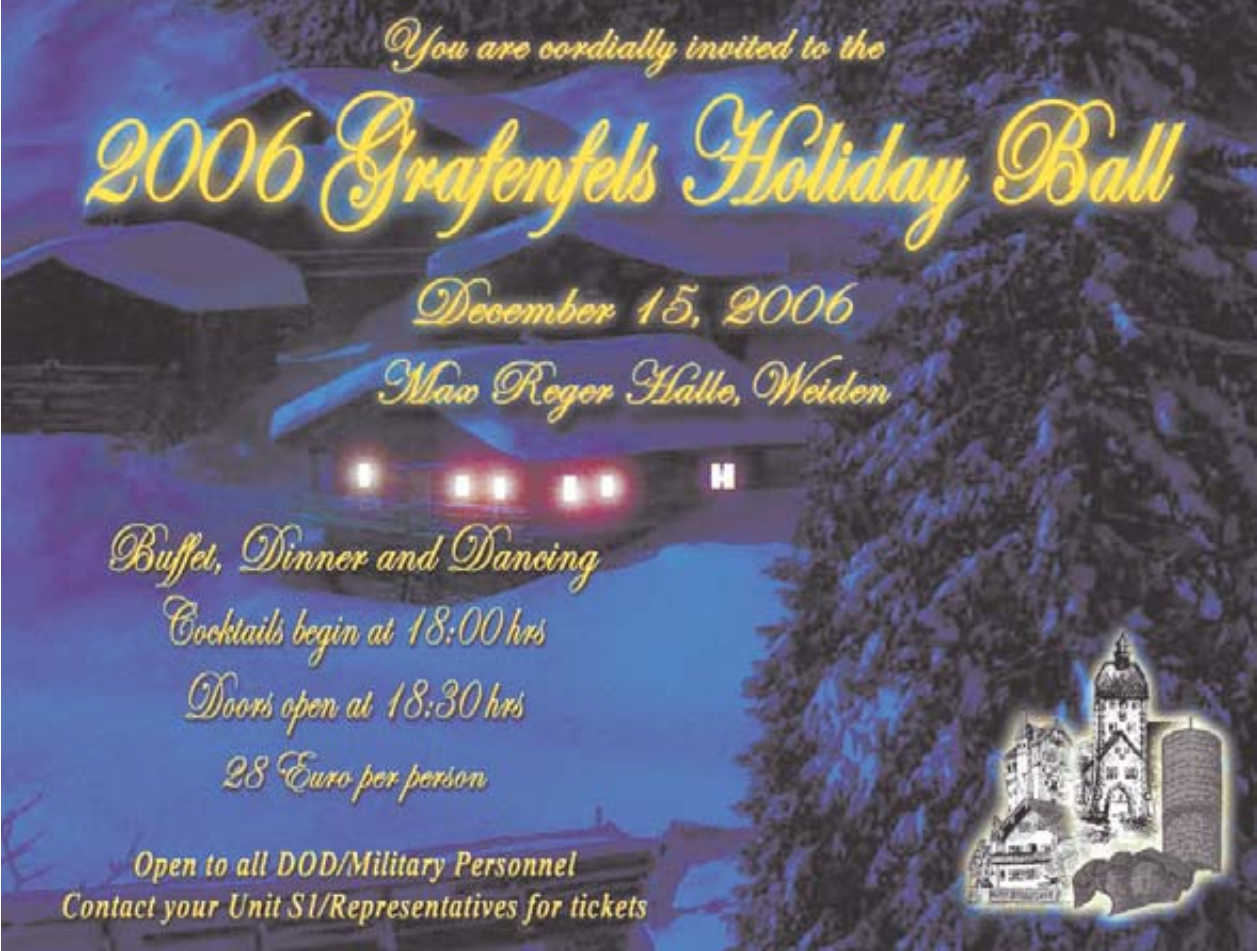
Oldies but Goodies Jam Nov. 25

Don’t miss the Oldies but Goodies Jam, featuring DJ Lady V from 9 p.m. - 3 a.m. Nov. 25 at The Zone Sports Bar. The cost is \$6 per person. Call CIV 0175-811-8202 for information.

The Bavarian News will hire three part-time contract journalists. Experience a plus, but not required.

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Send a resume and writing samples to adriane.foss@us.army.mil or call DSN 475-7113 today.



What do you know about German food?

Find out how it compares to U.S. fare

by **MARTINA BIAS**
Bavarian News Food & Culture columnist

If you ask my son what he looks forward to the most in November, he will gladly tell you that it is the Thanksgiving feast.

He can't wait to dig into the turkey, stuffing, mashed potatoes and, of course, the pumpkin pie.

All over the world, people love their signature cuisine, and Germans are no exception. The difference, however, between



Courtesy photo

German and U.S. food choices—both holiday and daily items—is often quite startling.

Most Germans will start their day with a breakfast consisting of bread or Broetchen, with either a sweet topping like jam or honey or more robust cold cuts and cheese.

Toast is something that might be chosen as well. Cereals have increasingly become more popular, but if you look at the cereal selection in a German grocery store you will see that it is a far cry from the aisle-long variety Americans are accustomed to.

Bacon and eggs is not the breakfast fare you will find on a German table. If Germans do eat egg for breakfast, it will likely be hard or soft boiled and served in an Eierbecher (literally: egg cup).

As you may or may not have experienced yet, you take off the top of the egg and scoop out the insides with a small egg spoon designed especially for this purpose.

My father's breakfast of choice is liverwurst on bread, and he always chastises me for not feeding my kids "real food" in the morning. The term he uses to describe cereal is "chicken food".

The mid-morning meal, also called "Vesper" in Bavaria, may consist of a Broetchen or other

snack around 10 a.m. Bavarians are famous for eating "Weisswurst and Brezen" at this time, often accompanied by the first beer of the day.

Most Germans, especially those who are at home during the day, as well as kids returning from school, eat their main meal at lunchtime.

On Fridays a fish dish or other meatless entrée is still served in predominantly Catholic areas.

Since Saturday is usually a busy day reserved for running errands, many families eat soup or other quick and easy-to-prepare meals for lunch. Sunday, of course, is the day for large roast and dumpling feasts.

Bavarians are very particular about that. Local church services are scheduled so that mothers, grandmothers, or other family cooks, have enough time to finish preparing the big noon meal. Most families will have pre-cooked the meat the night before.

Many German "Gasthaeuser" (Gasthouses) are packed on Sundays for lunch, and making reservations is probably a smart move if you plan to eat out during the post-church service rush.

While the British relish (and are famous for) their daily tea time, the same can be said for Germans and their afternoon "Kaffee und Kuchen" (coffee and cake). German cafes make a living serving just this "in-between" meal.

Especially on weekends, Germans love to relax with some good German coffee and a sweet treat between 3 and 4 p.m. Most German housewives are sure to have some pastry or other sweet creation on hand for the family, or in case friends drop by.

The older generation often meets for coffee and cake in the afternoon as a social occasion.

My family's Gasthaus was visited by regulars who would come on a certain day

each week to meet friends, talk, and enjoy my mother's homemade cakes.

This indulgence in the afternoon explains why

German dinner is typically a very light meal. Most Germans will simply eat bread with cheese or cold cuts. The favorite at my parent's Gasthaus was the cold plate with liverwurst, bloodwurst, head cheese, and ham.

Like Americans, Germans also enjoy snacking while watching TV. The German choice of snacks is usually chips seasoned with paprika, roasted peanuts and Salzstangen (literally: salt sticks) – a thin baked stick, sprinkled with salt.

For those who don't worry much about calories, there is always the wonderful German chocolates and Pralinen (chocolate confection filled with a little alcohol or flavored creams).

German celebrations are often occasions where food takes center stage and eating only seems interrupted by the changing of plates and eating utensils.

Most big celebrations start with lunch. The meal will kick off with a soup, followed by a variety of roasts like Sauerbraten (beef roast), Schweinebraten (pork roast), Ente or Gans (roasted duck or goose), or Hasenbraten (roasted rabbit).

Lunch is often rounded out with ice cream or another light dessert since only a little while later coffee and a variety of different cakes will be served.

Buffets have become very popular for

evening celebrations. They can feature almost anything from salads to roasts and everything in between. Should the celebration last into the night, a light midnight meal of boiled bratwurst

known as "Blaue Zipfel" might be served.

(A recipe for "Blaue Zipfel" will be published in the Dec. 13 issue of the *Bavarian News*.)

Holidays on which most Germans eat the same fare are Easter (lamb, like many Americans) and Christmas (goose or duck).

Christmas is also the season for many special baked goods. You may have already seen the decorative displays of "Lebkuchen" (big spice cookies) and Stollen (German yeast fruit bread) in the stores.

Germans also bake many different kinds of buttery Christmas cookies. One variety baked this time of the year is "Spekulatius," which will be featured in the next issue of the *Bavarian News* (Nov. 29) – just in time for the Adventszeit (Advent season) afternoon coffee breaks.



Photo by Wiener Kaffeehäuser



Courtesy photo



Courtesy photo

Make potato soup a family favorite this winter

Recipe and photo by **MARTINA BIAS**
Bavarian News Food & Culture columnist

Since Germans are known to love their "taters", it is no surprise that potato soup is one of their favorite winter comfort foods.

Growing up, I had potato soup almost every Saturday for lunch. My dad would enjoy his with liverwurst or blood sausage, while I preferred (and still do) mine with any kind of German hot dog-like sausage (Wiener, Knacker, Mettwurst, etc.)

My husband fell in love with my mother's potato soup the first time he tasted it. He has been pestering me to get her recipe for most of our married life. I was always hesitant because I had to eat so much of it during my childhood, I really wanted a break from it for a while.

I finally relented and wrote down my mother's instructions and tried to recreate it with American ingredients and measurements. The result is very close to the original taste and offered in the recipe below. It will yield a nice big pot, as my father is known to eat four to six bowls of it at one meal.

The one thing I believe gives this soup the distinct flavor that is different from most American potato soups that I have tried is the concentrated butter.

This ingredient resulted out of necessity back when my family still churned its own butter.

Since we did not use any additives that would prolong its shelf life, our butter would become rancid after a few days.

To avoid waste, my grandmother began turning it into concentrated butter just before this could occur.

To do this you melt butter in a heavy pot and cook it over

slow heat for about 1 ½ hours, stirring occasionally. It will foam, and when the foam goes down you will be able to see some brown pieces on the bottom.

This is when you strain the liquid into a ceramic or glass container. One pound of butter will yield about 2 cups concentrated butter.

Stored in the refrigerator, this butter will keep indefinitely (or until your next PCS move). The strained brown bits make a great buttery topping for casseroles.

My family uses this concentrated butter in soups, adds it to mashed potatoes (another of my husband's favorite) or to flavored sauces.

I hope you enjoy this tummy-warming soup throughout the cold winter months with some German bread or Broetchen and your favorite sausage.

Guten Appetit!

Kartoffelsuppe (German Potato soup)

- 2 onions, sliced
 - 4 Tbs. concentrated butter (see instructions)
 - 1 leek, sliced
 - 4 carrots, sliced
 - 1 small can of mushrooms
 - 8 medium potatoes
 - peeled and cut into chunks
 - 2 vegetable broth cubes
 - 7 cups water
 - 4 tsp. seasoned salt
 - 2 tsp. onion salt
 - ½ tsp pepper
- In a Dutch oven or large heavy pot, cook onion slices in 2

Tbs. concentrated butter until nicely browned.

Add leeks, carrots, mushrooms, potatoes, vegetable broth cubes and water. Bring to a boil and cook on low for 25 – 30 minutes or until vegetables are tender.

Cool slightly. Puree soup in batches in blender. Return to pot, add remaining 2 Tbs. of concentrated butter and reheat.

Season with salt and pepper to taste. The amount of salt will depend on whether you used salted or unsalted butter to make your concentrated butter.

Yield: 12 – 16 servings



German potato soup (shown with Knackwurst) is an ideal cold weather meal.

Try something different ! If you like to cook and would like an authentic German recipe, e-mail the Bavarian News Food & Culture columnist for a recipe.

Wondering how to recreate a delicious dish you ate in a village Gasthof or neighborhood cafe? Let us know. We'd like to feature the recipe in a future issue.

Just e-mail us at martina.bias@us.army.mil. Guten Appetit!

Vilseck's Lady Falcons crowned 2006 Division 2 European champs

Special to the Bavarian News

The Vilseck High School Lady Falcons volleyball team became the Division 2 European Champions after a three out of five win against the Naples Wildcats in Heidelberg Nov. 4.

VHS junior and Lady Falcons member Chi-Kobi Murry said a well-disciplined and cohesive team made the win possible.

"(I felt) pretty confident, that we were capable of winning. We worked well together and had no drama," said Murry of the team atmosphere going into the championship.

The battle for the European title began Nov. 2 when they dominated SHAPE, AFNORTH, and Baumholder in two straight games.

The following morning they played a difficult match against Naples, losing the first and third games to them. That loss seemed to fuel the Falcons' resolve to win.

The fact that the Vilseck team started a week later than other schools seemed to have little effect on their play during the championship games.

"We had to work that much harder, and work they did," said Falcons Head Coach Kori Pollock of the team's championship season. "It was a joy coaching these young ladies. They hated some of the drills we did, but ultimately realized how successful those drills made them."

The Falcons ended up second in pool play and had to beat Bitburg in order to make it into the semi-finals.

After dominating Bitburg, 25-7 and 25-14, the Falcons faced off against Aviano, the defending European champions they had lost to earlier in the season.

If they beat Aviano, the Falcons would go onto the championship match, playing for first and second. If they lost, they played for third and fourth place.

The Falcons beat Aviano 25-17, 25-18, 13-25 and 25-13 on Friday night, solidifying a place in Nov. 4 championship match.

"In fact, the girls were so focused and intense in the games against Aviano, they didn't realize they had won," said Pollock. "They didn't grasp the match was over until they saw Aviano walking off the court in defeat."

During the championship match, the Falcons were prepared to serve Naples, who had beaten them the day before, a comeuppance.

Winning three straight games out of five, the Falcons edged the Naples Wildcats out of the championship with of 25-20, 25-10, and 25-17 scores to become the 2006 Division 2 European Champions.

Team members agreed that it was a mixture of hard work, keeping one another motivated, and pure desire that boosted them to the No. 1 spot in the European Division.

Individual Awards

Division 2 South All-Conference:

- Alania McKinnis
- Becky Linka
- Ashley Hicks

All-Conference Honorable Mention:

- Cathy DelaRosa
- Chi-Kobi Murry

All-Tournament Team:

- Ashley Hicks
- Alania McKinnis

All-Tournament MVP:

- Alania McKinnis



Lady Falcons Chi-Kobi Murry, Becky Linka, Rebecca Womack, Cathy DelaRosa, Ashley Hick assist the team in pulling off the Division 2 European win in Heidelberg Nov. 2-4.

"We had fun," said junior Nicole Lewis. "We wanted this really bad, and we worked hard. We didn't get down on each other and no one got cocky."

Sophomore Jill Aviles agreed.

"Working hard really paid off this year," said Aviles. "The players were more connected; players were more supportive and would bring each other up when we made mistakes."

Pollock said in addition to coaching

great athletes, she coached an overall superb group of young ladies.

"I was very pleased to have other coaches, officials, and tournament staff comment that our team was a pleasure to watch," said Pollock.

"They were very a disciplined, united, and devoted group of athletes that were a joy to watch," she said.

"They had great spirit and displayed tremendous sportsmanship.

They were focused and just went on the court to play good ball," said Pollock.

She also noted that while the team may undergo some changes next year, she is still looking forward to an excellent season.

"We will be under construction, just like the school, but we still have a good foundation for success next year," said Pollock. "I hope many girls come out to play."

Change bodes well for VHS football team

by JODI WARD

Staff writer

The one sure constant in military communities is change.

In sports, constant turnovers can wreak havoc on a team. For the Vilseck High School football team, this year's changes proved to be a winning combination.

The 2006 season saw the Falcons receiving a new head coach, undergoing the standard player turnover, and adjusting to the new physical environment as the school undergoes extensive construction.

VHS Head Football Coach Bill Ratcliff noted that the squad nearly doubled in size this season. The growth was due, he said, to the arrival of the 2d Stryker Cavalry Regiment and to many first-time players who joined the team this year.

"We had to strip down individual egos and get everyone to work together," said Ratcliff, "but that's what a head coach's basic job is - to create chemistry on a team, and it takes a while to develop."

It didn't take too long, however.



The 2006 Falcons made it to Division II playoffs in spite of the season's numerous changes.

Despite losing their first three games, the team was able to score a couple of key victories and make it into the Division II playoffs. The team had two wins and three losses in the regular season, and went 1 and 1 in the post season.

Not bad, considering the team had a 0-5 season last year and, in some games, was "mercy ruled" (losing by 39 or points) at half time, said Ratcliff.

He said this year's success was due to several factors, including numerous changes in the football program:

- putting in new offensive and

defensive systems

- focusing on student-athletes
- installing a brand new seven-person coaching staff

■ building chemistry and cohesion between the players and coaching staff

- building the team's confidence

Ratcliff said these were big steps that helped the team make it to the semifinals, at which the team hosted their first home playoff game in nearly 10 years.

One of the season's biggest challenges, he said, "was moving people into different positions that would best help the team with what we wanted to do offensively and defensively.

"We are a very young team with a lot of freshmen and sophomores on the squad, as well as having many people on the team who had never played football before," he explained.

With most of the team's star players returning for the 2007 season (quarterback and VHS Offensive Player of the Year Justin Ingram, VHS Defensive Player of the Year Kawika Camanse, and team MVP Chris Watson), there's only room for improvement.

Ratcliff predicts that next season the team will "definitely" return to the playoffs, with the goal of reaching the Division II Championship game.

"We've had a taste of winning," he said, "and we want more."

VHS cross country ends successful season Nov. 4

Congratulations to the VHS Cross-Country Team for a successful season, which concluded Nov. 4 at the European Championships in Heidelberg.

The Falcons runners were led by Shamyra Coleman, who finished 7th overall, running against both Division I and II schools.

Coleman was able to pass four girls with less than 100 meters to go. For her

efforts, she was named to the first team All Euopre squad.

The rest of the Falcons runners ran good races against a very large field.

A special thanks to the strong leadership provided by senior captains Corbin Skerut and Simona Womack, as well as John Watsek and Angela Odom.

-- Proud Community Member

Interested in high school baseball? Join us!

What: High School Baseball Organization Meeting (for the spring baseball season)

Who: Any high school student and/or any interested parents or sponsor (need coaches)

When: TOMORROW at 5:30 p.m.

Where: Sgt. 1st Class Pollock's classroom (high school)

Why: To determine the level of interest in organizing a baseball team for Spring 2007

POC: Ken Stark, 475-1340; email: Kenneth.stark1@us.army.mil

Pizza and soft drinks will be provided.

Military families lauded throughout November

by **DONNA MILES**

American Forces Press Service

Nov. 1 kicked off Military Families Appreciation Month, an annual tribute to the family members who, President Bush and other U.S. and military leaders frequently recognize, serve the country alongside their loved ones in uniform.

The month-long observance, with events planned at Army, Navy, Air Force and Marine Corps bases around the world and in communities nationwide, highlights the contributions and sacrifices military family members make every day.

Bush thanked families for that service during an Oct. 28 visit to Charleston Air Force Base, S.C. “As the president of the United States, I want to tell you plain and simple,” he told military families, “(that) the American people respect you, they appreciate you, and I’ll do everything in my power to make sure the families and those who wear the uniform have

all the support necessary to win this war on terror.”

Bush emphasized the important role military families play in U.S. national defense when he introduced Iraqi Prime Minister Nouri al-Maliki to U.S. troops and their families at Fort Belvoir, Va., earlier this summer.

“Mr. Prime Minister, when I speak to our troops, I also talk to their loved ones, because you can’t have a strong United States military without the support of the military families,” Bush told Maliki during the July 26 session.

“Our troops have sacrificed, and as they have done so, so have our military families,” he said. “And so today we pay respect for the men and women who wear the uniform and their loved ones. We’re proud of you.”

Marine Gen. Peter Pace, chairman of the Joint Chiefs of Staff, expressed a similar sentiment earlier this month at the “Memorial Concert and Tribute to Today’s Heroes” in Worcester, Mass.

“When we go off to combat, our families wait at home and pray that we’re safe,” Pace

told the audience, which included 400 Gold Star families who lost a family member in military service.

“For those of us who are fortunate enough to return, our families stand in the back when we receive awards. And when we get tired, our families dust us off and put us back again to the fight,” the chairman told the group at the Oct. 16 event. “Our families serve this country as well as any (veteran).”

Vice President Richard B. Cheney was so struck by Pace’s sentiment, one the chairman expresses regularly when he meets with military groups, that Cheney echoed them during a visit to Fort Hood, Texas, earlier this month.

While military families may pretend they have nothing to do with their loved ones’ success during a deployment, “it is the love and support of our families that makes all the difference in the world,” the vice president said at the Oct. 4 event.

“I know that General Pace’s words speak for all of you,” Cheney said.

“And I want you to know that our whole nation is filled with respect and gratitude for our military families.”

First lady Laura Bush recognized the contributions of military families, but particularly those of almost 190,000 U.S. children with one or both parents deployed overseas, during a conference this summer in Denver, Colo.

“Military kids are resourceful and resilient, but the demands of military life — frequent moves and school transitions, long-distance parenting, parents reentering family life after the trauma of combat, not to mention the stress of knowing that Mom or Dad is in harm’s way — present unique difficulties for our troops and their children,” the first lady said Aug. 4 at the Second Regional Helping America’s Youth Conference.

“Military families give so much to our communities and our country,” she said, “and Americans have the obligation to help them in every way that we can.”

Female Soldiers attend empowerment seminar

Continued From Page 1

or timid excuses for not executing missions due to gender.

“At no time should the reason for not executing orders be, ‘I’m just a female,’” said Porter.

Porter gave an example of how she overcame gender stereotypes when she was assigned to shoot an M240B machine gun. She saw this as a superb opportunity to lead from the front. She said at no time did she ever consider backing out of the requirement.

She picked up the weapon, qualified, and exemplified Soldier equality and female Soldier capabilities.

“(The seminar taught me) how to believe in yourself and work with men equally,” Pvt. Catirina Sneed, a Parts receiving Sspecialist in the Supply and Transportation Troop.

Porter also encouraged female troops to correct each other.

“If a Soldier is perceived to or actually uses unreasonable, ‘I’m a female Soldier’ excuses, all leaders and females must end that action,” said Porter. “This one bad apple can spoil the whole bunch and give all others a bad name.”

She stated that the mission must come first no matter what the gender of the Soldier.

“It really teaches us that because we are female troopers doesn’t mean we are weaker,”

said Pfc. Linda Ruiz, a squadron supply specialist with Headquarters and Headquarters Troop. “We can be strong and lead without having to degrade ourselves.”

Isabel Tilzey, a community health nurse at the Vilseck Health Clinic discussed sex, unintended pregnancy, and female trooper readiness. Through her interactive and open teaching style, Tilzey asked that the female Soldiers open up about these topics and share their experiences with one another at the Vilseck Post Chapel.

“These are topics that some folks are afraid of or embarrassed to discuss,” said Tilzey. “I’m not, and I know that’s what keeps me in business.”

Tilzey shared that “if you’re having unprotected sex, then you’re planning on getting pregnant or getting a sexually transmitted disease.” The morning’s candid discussions included information on numerous contraceptive choices. It also included the impact of a pregnancy, unplanned or otherwise, on a Soldier’s career, lifestyle, finances, and relationships.

Tilzey said that pregnancy and motherhood is compatible with military service if the Soldier is “responsible, reliable, and ready.”

“Sadly, some troopers may get pregnant wrongly believing that it will get them out of a

deployment,” she said.

According to AR 614-30, a Soldier is considered available for worldwide deployment four months after giving birth.

“Then, on top of everything else, you’re going to have family child care issues to worry about,” said Tilzey.

Unplanned or unwanted pregnancies not only impact readiness as Soldiers become non-deployable, but are life changing events for which many are unprepared, and sometimes devastated, as it curtails their professional and personal life goals, said Tilzey. She briefed attendees on financial challenges single parents face and shared methods to prevent pregnancy, stressing that abstinence is the only 100 percent method. The emphasis on choosing the right life partner was the second aspect of the discussion. Tilzey explained that a well-planned decision can tremendously reduce unwanted circumstances.

Lana Leau, wife of the Regimental Support Squadron Chaplain, discussed how troops can embrace spiritual and personal values.

Just because a person joins the military does not mean their beliefs have to change or be compromised. Leau said they just need to find out who they really are.

She challenged Soldiers to consider the influence that others have on our values.

“Each woman needs to think about what makes her happy,” said Leau. “Others cannot be expected to make us feel complete and fulfilled.”

The final part of the seminar was a trip to Regensburg. There, attendees enjoyed the group camaraderie. During the trip, the females had an opportunity to reflect on the day’s session, socialize, and learn from one another.

“It was about females getting together,” said Pvt. Trina Cobanting, a receiving parts specialist in the Supply and Transportation Troop, “and about getting to know each other well outside of the work environment.”

For some female Soldiers, it was a chance to get out and see some of Germany.

“It gave us an experience to see other’s behavior, get out and have fun with each other and explore history in the making,” said Sgt. Rachel Cooper, the PLL NCOIC of the Wheel Vehicle in Maintenance Troop.

In the end, Soldiers agreed that the seminar was successful in providing information and allowing open discussion on the various topics that impact a female Soldiers career and life.

“This was a wonderful idea,” said Tilzey. “It’s providing the female troopers with the opportunity to learn from each other, as well as the resources to help guide them in the right direction.”

New Air Force Command to fight in cyberspace

by **SARA WOOD**

American Forces Press Service

The Air Force’s new cyberspace command will redefine air power for the 21st century and bring the fight to a realm that the enemy has already exploited extensively, the general in charge of the new command said here Nov. 2.

Air Force Secretary Michael W. Wynne announced Nov. 2 that the 8th Air Force, led by Air Force Lt. Gen. Robert Elder, will become the service’s new cyberspace command, focused on taking the fight against terrorism to the technological realm.

In December 2005, the Air Force mission statement was amended to include cyberspace as an operational domain — along with air and space. The service stood up a cyberspace task force in January to gather data and explore how the service can operate in cyberspace.

“There’s definitely a lot more interest in using cyberspace as a warfighting domain, at least with our adversaries, and that’s what we’re trying to counter,” Elder said at a media roundtable earlier this month. “If they want to fight with us in

cyberspace, we’re willing to take them on there, too.”

Cyberspace, as it will be covered by the new command, includes the Internet and other computer networks, as well as the electromagnetic spectrum, which encompasses many things people rely on every day, Elder said.

Terrorists have already exploited the electromagnetic spectrum in many ways, Lani Kass, director of the cyberspace task force, said at the roundtable.

She noted the use of improvised explosive devices in Iraq, and the Sept. 11, 2001, masterminds using the internet and satellite communications to plan the attack, and simulators to practice the attack.

“We are already at war in cyberspace,” Kass said. “Our enemies are using the very low technical skills and low entry costs associated with being able to function in this domain in order to attack us asymmetrically.”

The Air Force has been operating in cyberspace for some time, but the efforts have been widely dispersed, Elder said. Also, cyberspace efforts until now have been mostly

focused on defensive operations to protect the Air Force’s network, he said.

“The cultural change is that we’re going to treat it as a warfighting domain, and we’re going to actually focus attention and put priority on doing things in cyberspace and then balance it against air space and even terrestrial operations,” he said.

The command’s new capabilities will include the ability to attack other computer networks and will mostly be focused on being proactive in the cyberspace realm, Elder said.

The use of IEDs in Iraq is an example of the U.S. being reactive to electromagnetic threats, Kass said.

No one was expecting the terrorists to use IEDs, so U.S. officials had to scramble to find a way to combat them, she explained.

“Having a command there that thinks about this issue exclusively, focuses not only his organizational capabilities but his mind as a warfighter, he can not only respond to the threat of today, ... he can plan and think about the fight we are going to be in tomorrow and the day after tomorrow and 20 years out,” she said.

Elder said he will take four months to gather experts from the military and academia to decide how the command should be set up and what capabilities are needed.

He noted that 8th Air Force already has many cyberspace capabilities, such as surveillance, reconnaissance, intelligence, battle management, and electronic warfare, but those capabilities aren’t focused.

The task now is to develop “cyberspace warriors” who are skilled and able to react 24 hours a day, seven days a week, to any threats, he said. The threats to the U.S. in the cyberspace domain are real, Kass said. The Air Force’s new command will not be about a bunch of computer hackers coming up with ideas, she said, but about trained professionals working to protect a technological realm that almost everyone depends on every day.

She noted that an attack on an air traffic control system, or a system controlling oil refineries or a chemical plant, would wreak unimaginable havoc.

“In this domain, like in any warfighting domain, there is no place for amateurs,” she said.

Proper tires can mean cash savings

Find out what you can do to prevent being fined

Continued From Page 1

are labeled with either a snowflake and/or “M+S,” for mud and snow.

Cable said studded tires and mixing different styles of tires is illegal in Germany, and putting snow tire chains on summer tires also is not allowed. And, he noted, some places in Europe require snow tire chains in addition to winter or M+S tires, when posted.

“If you’re in the Alps without chains, you will be completely

immobilized,” said Cable, adding that service members should research local winter traffic laws when traveling to other European countries.

Besides avoiding a run-in with local law enforcement, there are several other reasons to properly equip vehicles, he said.

One is that while salt is used to melt ice on roads, it takes time for the salt to take effect.

“I see people try and follow salt trucks on the Autobahn, thinking

that should do it” said Cable. “All they’re doing is damaging their vehicle because salt is not an immediate solution.”

Cable added that drivers should watch their speed, the number-one factor in car accidents among Soldiers. They should also watch for “black ice,” which forms in hard-to-see slick surfaces, usually in shaded areas of winter roads, he said.

“Ice mixed with speed will triple your stopping distance,” Cable said.

Dental assistant training offered

Continued From Page 1

practice dentists’ familiarity with the intensive training provided by this program.

“Stateside, a lot of dentists are familiar with this program and like to hire people who have gone through this Red Cross and dental clinic training program,” said Watts.

Snow, who has worked in dental clinics for 17 years, said the program is a great opportunity for anyone who enjoys working with and helping others.

“Not only does this program help us (the dental clinics), but it helps the

community,” she said.

Applications will be available at the American Red Cross offices in Grafenwoehr and Vilseck in December. For more information, visit or call:

Grafenwoehr Office
Bldg. 539
DSN 475-1760
CIV 09641-83-1760

Vilseck Office
Bldg. 700
DSN 476-1760
CIV 09662-83-1760